

Mia Perry



Philosophy on exercise, health & fitness

Without a doubt, movement is medicine. With each step we take, each breath we breathe, weight we lift or stretch we embrace... we are able to unlock an incredible potential within the body. I truly believe that exercise, movement and a healthy diet are essential for all-round vitality. Balancing these elements, alongside adequate rest, will ensure you a long, happy and healthy life.

What areas do you specialise in?

Mobility, Flexibility, Yoga, Mindfulness, Meditation, Functional Training

Greatest achievement with a client

Personally, I consider each piece of positive feedback that I receive from my clients, as the greatest. Simply witnessing the transformative impact on their physical, mental and spiritual well-being is both humbling and empowering. The positive feedback I receive serves as a constant reminder of the profound privilege and responsibility I hold as yoga teacher / mobility coach, and fuels my dedication to create a nurturing and transformative space for all.

Qualifications

200 Hour Hatha, Vinyasa and Ashtanga Yoga Instructor
BSc Sport and Exercise science degree, Newcastle University
Indoor Cycling Instructor Certificate

Why should you train with me!?

Whether you are looking to supplement your current training schedule with mobility work, prevent injury, improve flexibility, balance, body strength or even simply wanting a space for some self-discovery, I provide tailored sessions to fit each individual and their needs. I use my knowledge of yoga, breathwork, meditation, anatomy and physiology to provide scientific, yet holistic sessions.

Motto

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful - Albert Schweitzer
